

CAPABILITIES CURRICULUM

PERSONAL AND SOCIAL CAPABILITIES

SELF-AWARENESS AND MANAGEMENT

Recognition and expression of emotions

- Describe how and why emotional responses may change in different contexts ([VCPSCSE034](#))

Development of resilience

- Discuss the range of strategies that could be used to cope with difficult tasks or changing situations ([VCPSCSE036](#))

SOCIAL AWARENESS AND MANAGEMENT

Relationship and diversity

- Explore their personal values and beliefs and analyse how these values and beliefs might be different or similar to those of others ([VCPSCSO038](#))
- Recognise the impact of personal boundaries, intimacy, distribution of power and social and cultural norms and mores on the ways relationships are expressed ([VCPSCSO040](#))

Collaboration

- Identify ways to be proactive in initiating strategies to prevent and/or accomplish positive resolutions to conflict ([VCPSCSO042](#))

CRITICAL AND CREATIVE THINKING

Questions and possibilities

- Suspend judgements temporarily and consider how preconceptions may limit ideas and alternatives ([VCCCTQ033](#))

ETHICAL CAPABILITY

Decision making and actions

- Explore the extent of ethical obligation and the implications for thinking about consequences and duties in decision-making and action ([VCECD017](#))
- Discuss the role of context and experience in ethical decision making and actions ([VCECD018](#))



HEALTH AND PHYSICAL EDUCATION

PERSONAL, SOCIAL AND COMMUNITY HEALTH

Being healthy, safe and active

- Evaluate strategies to manage personal, physical and social changes that occur as they grow older ([VCHPEP124](#))
- Investigate and select strategies to promote health, safety and wellbeing ([VCHPEP126](#))

Communicating and interacting for health and wellbeing

- Analyse factors that influence emotions, and develop strategies to demonstrate empathy and sensitivity ([VCHPEP128](#))

Contributing to healthy and active communities

- Plan and use health strategies and resources to enhance the health, safety and wellbeing of their communities ([VCHPEP130](#))

Links clearly to the Respectful Relationships Curriculum.

Schools that are implementing a state-led 'school-wide positive behaviour framework' will also find strong connections to draw upon.



CAPABILITIES CURRICULUM

PERSONAL AND SOCIAL CAPABILITIES

SELF-AWARENESS AND MANAGEMENT

Recognition and expression of emotions

- Evaluate emotional responses and the management of emotions in a range of contexts ([VCPSCSE043](#))

Development of resilience

- Evaluate behaviours and protective factors that contribute to the development of confidence, adaptability and self-reflection ([VCPSCSE046](#))

SOCIAL AWARENESS AND MANAGEMENT

Relationships and diversity

- Acknowledge the importance of empathy and the acceptance of diversity for a cohesive community and reflect on the effectiveness of strategies for being respectful of diversity and human rights ([VCPSCSO048](#))
- Investigate personal, social and cultural factors that influence the ability to experience positive and respectful relationships and explore the rights and responsibilities of individuals in relationships ([VCPSCSO049](#))

Collaboration

- Develop specific skills and a variety of strategies to prevent or resolve conflict, and explore the nature of conflict resolution in a range of contexts ([VCPSCSO051](#))

CRITICAL AND CREATIVE THINKING

Questions and possibilities

- Suspend judgements to allow new possibilities to emerge and investigate how this can broaden ideas and solutions ([VCCCTQ044](#))

Meta-cognition

- Critically examine their own and others thinking processes and discuss factors that influence thinking, including cognitive biases ([VCCCTM051](#))



ETHICAL CAPABILITY

Understanding concepts

- Investigate the connections and distinctions between and the relative value of concepts including fairness and equality, and respect and tolerance ([VCECU019](#))

Decision making and actions

- Discuss issues raised by thinking about consequences and duties, in approaches to decision-making and action, and arguments for and against these approaches ([VCECD022](#))
- Investigate how different factors involved in ethical decision making can be managed by people and groups ([VCECD023](#))

INTER- CULTURAL CAPABILITY

Cultural diversity

- Analyse the components of a cohesive society, and the challenges, benefits and consequences of maintaining or failing to maintain that cohesion ([VCICCD020](#))

HEALTH AND PHYSICAL EDUCATION

PERSONAL, SOCIAL AND COMMUNITY HEALTH

Being healthy, safe and active

- Plan, rehearse and evaluate options (including CPR and first aid) for managing situations where their own or others' health, safety and wellbeing may be at risk ([VCHPEP144](#))

Communicating and interacting for health and wellbeing

- Investigate how empathy and ethical decision-making contribute to respectful relationships ([VCHPEP146](#))
- Evaluate situations and propose appropriate emotional responses and then reflect on possible outcomes of different responses to health and wellbeing ([VCHPEP147](#))

Contributing to healthy and active communities

- Plan, implement and critique strategies to enhance the health, safety and wellbeing of their communities ([VCHPEP149](#))
- Critique behaviours and contextual factors that influence the health and wellbeing of their communities ([VCHPEP151](#))

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